

# Watermelon Cake



## **Ingredients:**

1 large seedless watermelon  
1/2 container (8 ounces) fat-free frozen whipped topping, thawed  
1 container (8 ounces) nonfat light strawberry yogurt  
Fresh fruit to decorate cake (strawberries, kiwi fruit, grapes, blueberries)

## **Instructions:**

Cut an 8 to 10-inch thick cross-section from the watermelon. Lay it down on a flat work surface and cut around the rind and slide the rind off leaving a cylinder of watermelon. Slice into 3 slices as you would a cake. Pat watermelon slices dry with paper towel.

Fold together whipped topping and yogurt.

Place 1 slice of watermelon on a flat serving plate. Frost top and sides with whipped topping mixture. Repeat with 2 remaining watermelon slices to form a 3 layer watermelon "cake". Decorate as desired with fresh fruit. Refrigerate until ready to serve. Can be stored several hours or overnight. Cut in wedges to serve.

## **Servings:**

Serves 10; Per serving: 113 calories, 24g carbohydrate, 3g protein, 1g fat, 1g dietary fiber, 23mg sodium, 0.6mg cholesterol